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SIU involved in suspicious deaths

PROBE As Ottawa police continue their investigation into the suspicious deaths of a man and a woman, the province's Special Investigations Unit is now also involved.

Andrew Ferguson, 33, of Ottawa, and a woman — who police said they will identify pending autopsy results expected early today — were found dead Saturday at 446 Cambridge St. South.

During ongoing investigation into these deaths, police determined a previous call for service was placed on Jan. 7 for a disturbance at the same residence.

Ottawa police said Chief Vern White initiated a complaint to the Ottawa Police Service Professional Standards Section yesterday.

TRACEY TONG/METRO OTTAWA

News on the Move
 What's this barcode for?
 Learn how to scan the barcode with the instructions at the top of pg 2

Vancouver Games
Countdown to 2010
 Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
 • Today — Sid the Kid hopes for better results in return trip to Vancouver, page 9

On the web
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Firefighters battle a blaze in an apartment building at 114 and 116 Glebe Ave., yesterday afternoon. No one was injured in the fire, but dozens have been left homeless.

Dozens homeless

Blaze leaves building tenants in Glebe scrambling

TIM WIECLAWSKI
 tim.wieclawski@metronews.ca

Dozens of people are homeless after a massive fire destroyed an apartment building in the heart of the Glebe yesterday afternoon.

Around 1:39 p.m., handyman Randy Young was working in the basement of the large three-storey, 18-unit duplex at 114 and 116 Glebe Ave., when he smelled smoke.

When he went outside to see what it was, flames were shooting out of the second and third floors of the 114 side of the building. After making sure all the

"It doesn't give you much time to get your life back in order. We're poor students. Everything we have, including textbooks is gone, but our life goes on."

Stefan Amyotte, Carleton student

tenants were out of the building, he called 911.

Fire trucks were on the scene by 1:43 p.m., but the fire spread quickly. By 2:30 p.m., it was a five-alarm fire. More than 75 firefighters and 27 vehicles were on the scene.

Smoke from the fire wafted east, creating a fog that spread into Sandy Hill.

Young said most of the tenants are university students. A young family with

a little girl lived in the basement, he said, and a single mother with two children also lived in the building.

"The whole entire building is going to be homeless," he said.

The Red Cross has offered residents a hotel room for three nights.

While he's grateful for the room, Carleton University student Stefan Amyotte worried about what

will happen after that.

"It doesn't give you much time to get your life back in order," he said. "We're poor students. Everything we have, including textbooks is gone, but our life goes on. I need my textbooks tomorrow."

District Chief Jim Corrigan said firefighters will be at the scene overnight to ensure the flames are completely extinguished.

Until then, they can't begin an investigation into the cause of the fire.

The building is completely destroyed and there is a chance that neighbouring buildings would also be damaged because of the narrow laneways.

'The trouble is starting'

Haiti Crisis

VIOLENCE Influential gang leaders who escaped from a heavily damaged prison during the country's killer earthquake are taking advantage of a void left by police and peacekeepers dedicating their severely diminished forces to aiding survivors.

Although threats of gang violence affect the entire capital of Port-au-Prince, nowhere is it more evident than in the sprawling Cite Soleil slum. There, gangsters are resuming struggles for control that never really ended inside the walls of the city's notorious main penitentiary.

"The trouble is starting," said Jean-Semaine Delice, a 51-year-old father from Cite Soleil.

Neighbourhood residents say three people died and several women were raped in a small-scale turf war launched in the seaside slum in the days following last Tuesday's quake.

People who live here have been told not to count on security forces for help.

Yesterday, Brazilian peacekeepers drove from one food-distribution point to another. The gang members stayed out of sight.

The scene was drastically different Sunday, when a man robbed a motorcyclist's bag of rice with a .38-calibre pistol in broad daylight and residents swapped stories of gangs equipped with heavy automatic weapons coming out of hiding even as U.S. military cargo planes rumbled overhead.

THE ASSOCIATED PRESS
 MORE COVERAGE, PAGES 2, 3 & 5

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Local



Orchestra taking bursary applications

The National Arts Centre Orchestra is now accepting applications for its 2010 bursary competition. National Capital Region music students ages 16 to 24 who are following a recognized course of music study in preparation for careers as orchestral musicians are invited to compete for prizes totalling \$18,750. Deadline for applications is March 15. Winners are chosen May 10. Information is available at nac-cna.ca/bursary. METRO OTTAWA

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News in brief

ELECTION The campaigns for mayor and Bay Ward are starting to get a little crowded. While many wards still have no candidates registered to run, Sean Ryan is the latest to throw his hat into the mayor's race. He joins current Bay Ward Coun. Alex Cullen, Robert Gauthier, and Gordon Skinner. Ottawa West-Nepean MPP Jim Watson also announced that he will run, although he has not filed his registration papers. In Bay Ward, Peter Heyck joined candidates Mark Taylor, Ike Awgu and George Guirguis.

COUNCIL SEATS A candidate running in Cumberland Ward is proposing to eliminate six council seats from Ottawa to save approximately \$2 million per year. Stephen Blais said Ottawa should only have two city councillors for every federal riding and three separate rural councillors. METRO OTTAWA

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What's online today.

Your Money Allan Small on where investors should look in order to cash in as the economic rebound continues in 2010 at metronews.ca/investing

Lotteries
 Ontario Pick 3: 4 7 6; Ontario Pick 4: 1 7 6 1
 Encore: 1576735
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African climb to benefit Haiti

Kilimanjaro-bound group wants to help relieve 'staggering' need

TRACEY TONG
tracey.tong@metronews.ca

They were all ready to climb Mount Kilimanjaro for a good cause.

Seven people, including Ottawans Jo Ann MacMillan, Bob Rennick, Stephen Maine and Care Canada president Kevin McCort, were about to embark on a trip up the 5,883-metre summit next week to benefit a program to reduce the socio-economic impact of HIV/AIDS among women and youth in Bahir Dar, Ethiopia.

But then the earthquake in Haiti happened.

Now, "in light of the emergency and the incredible need there right now," the group will be redirecting their fundraising efforts — yielding at least \$35,000 — to the earthquake relief effort in Haiti, said Kieran Green, a spokesman with the humanitarian aid organization Care Canada.

"There's obviously a huge need," said Maine, a first-time climber who works at Trend Micro. "The need in Haiti is immediate. It's staggering."

Climbing Kilimanjaro has always been a goal for Rennick. "This is great," he said. "I wanted to climb it and do



Ottawa residents Jo Ann MacMillan, left, Care Canada president Kevin McCort, Bob Rennick and Stephen Maine will be climbing Mount Kilimanjaro next week to raise money for relief efforts in Haiti.

something for a good cause at the same time."

When the earthquake happened in Haiti, Rennick, realizing it was a far more urgent need, immediately suggested the money go to Haiti instead.

"Certainly, Haiti's on everyone's mind these days, so the opportunity to be able to help them is going to make fundraising much simpler for us," said MacMillan, who is doing the climb to mark a milestone birthday.

Haiti Crisis

Even before the earthquake hit, Care — which has offices all over the world — had 133 people on the ground in Haiti, said Green. There, they were engaged in projects like HIV/AIDS awareness, agriculture and reconstruction from the hurricanes that hit Haiti back in 2008.

Because Care is already there, the organization is

very well placed to respond, said McCort.

"All across the country, people are concerned about what has been happening in Haiti," McCort said. "People ... understand that this was an indiscriminate natural disaster. It has hurt everybody and the only possible response is humanitarian."

As for the Ethiopia program, it will not be left behind, said Green. "There will be other fundraisers, other ways it will get funded."

Councillor proposing city offer expertise to ravaged island

Haiti Crisis

COMMITTEE A city councillor is looking to ramp up the city's efforts to offer in-kind assistance to Haiti during this time of need.

River Ward Coun. Maria

McRae is hoping to pass a motion at today's corporate services and economic development committee recommending city council approve a number of measures to provide assistance to the people of Haiti as soon as possible. The measures include

having the city manager offer city staff support and expertise to assist rebuilding key infrastructure in the affected areas in Haiti.

The city would also offer full co-operation to the federal government to provide assistance to

Haiti, including setting up an emergency committee made up of infrastructure, public safety, environmental and emergency services personnel that would create an action plan to determine ways to aid.

TIM WIECLAWSKI/METRO OTTAWA

Chiarelli seeking return to Queen's Park

BYELECTION Rather than attempting to regain the mayor's office, Bob Chiarelli feels he is most needed in Queen's Park.

Yesterday, Chiarelli announced he will be seeking the Liberal party nomination for Ottawa West-Nepean.

The riding is currently held by Jim Watson, who will step down to mount his own mayoral campaign.

There had been speculation that Chiarelli might take another run at the mayor's office. After 10 years as MPP and nine years at the head of municipal government, Chiarelli said he felt uniquely positioned to act as a bridge between the city and the province.

Chiarelli finished third in the 2006 mayoral election that turned on a light rail plan that was cancelled when Larry O'Brien was elected.

If the city continues forward with the new plan, Chiarelli said he would support and promote that plan at the provincial level.

No date has been set for the byelection.

President of the Progressive Conservative Riding Association for Ottawa West-Nepean Cathy Pendrith said that while Chiarelli had great name recognition, there was a reason he did so poorly in the 2006 election.

Pendrith said they are searching for candidates but they have not yet set a date for nomination.

TIM WIECLAWSKI/METRO OTTAWA

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Schreiber goes on trial in Germany

Businessman Karlheinz Schreiber, who was extradited from Canada last August after losing a decade-long legal battle to stay in the country, went on trial in Germany yesterday on charges of tax evasion. Prosecutors accuse Schreiber of failing to declare millions from kickbacks he received for the sale of helicopters and Airbus planes to Canada. **THE CANADIAN PRESS**

3

Canada



Walsh 'intoxicated,' witnesses say

Cursing, yelling and a smack on the head — that's how an "intoxicated" Toronto broadcaster's transatlantic flight ended last year after it was diverted to St. John's, passengers and a crew member told her trial yesterday. Colleen Walsh, 49, left, has pleaded not guilty to charges of assault, obstructing the operation of an aircraft and causing a disturbance. Walsh — who has worked for Global Television, CTV, CBC Radio and Rogers TV — sat in provincial court, at times shaking her head at the testimony. **THE CANADIAN PRESS**

McGuinty unveils new cabinet

POLITICS There will be four new faces around the Ontario cabinet table — and three veterans will be gone — as Premier Dalton McGuinty shuffles his inner circle to fill a couple of big vacancies and to prepare the Liberal's line-up heading into the 2011 provincial election.

Newcomers to cabinet include Hamilton's Sofia Aggelonitis as minister of consumer services, Huron Bruce's Carol Mitchell as agriculture minister, Brampton's Linda Jeffrey as natural resources minister and Toronto's Dr. Eric Hoskins as minister of citizenship and immigration.

THE CANADIAN PRESS

News in brief

ELECTIONS The Conservatives have won their "in-and-out" court battle with Elections Canada over ad spending during the 2006 federal election campaign. **THE CANADIAN PRESS**

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A brazen suicide attempt in the centre of Kabul sent Canadian Embassy staff scrambling for safety. Scan this code for the story.

B.C. teens arrive home from Haiti

Military plane evacuates Canadians to Montreal

Haiti Crisis

A group of exhausted teens from British Columbia are back on Canadian soil after being stranded in earthquake-ravaged Haiti.

The 17 teens and their adult chaperones arrived just a few hours before the earthquake hit the Caribbean nation, and they had to wait five days before officials were able to get them out. Anxious family members expect to be reunited with the kids today, when they're scheduled to fly home to B.C.

Most of the students were aboard a military aircraft carrying about 180 evacuees that was the first to arrive in Montreal early yesterday. The remainder arrived on a second flight. School superintendent Patricia Dooley said she'd spoken to some as they waited to pass through Customs in Montreal.



A young child is welcomed by Red Cross personnel at Pierre Trudeau Airport in Montreal after arriving from Haiti on Sunday.

The Grade 12 students from a high school in South Slokan, B.C., and seven adult chaperones were on a mission to set up a goat farm in a town about 45 kilometres outside Port-au-Prince. Dooley said that while they awaited evacuation, staying at a Christian mission outside the city,

they were not idle.

"They pooled their own money and they bought 4,000 pounds of rice, which they distributed. They were involved in cleaning the roads. So they have definitely been serving," Dooley told a local television station.

THE CANADIAN PRESS

Raitt set for demotion in Harper cabinet swap

POLITICS One woman is getting a second chance in Prime Minister Stephen Harper's new cabinet while another once thought to be on the fast-track faces a detour through demotion after stumbling through a scandal.

As many as eight to 10 ministers will be on the move in a shuffle on Tuesday that is far more elaborate than the tweak some officials predicted a few days ago, The Canadian Press has learned.

The biggest surprise may be that controversy-prone Natural Resources Minister Lisa Raitt, once a rising star in the party who rocketed to cabinet within weeks of her first election win in October 2008, is getting demoted.

The high-profile Raitt ran into trouble last year when

she was caught on tape criticizing some of her fellow ministers.

Raitt will stay in the cabinet, but in the relatively obscure Labour post.

Public Works Minister Christian Paradis is tabbed to replace Raitt at the department that oversees such hot-button issues as oil sands development and the future of Atomic Energy of Canada.

Current Labour Minister Rona Ambrose, another once high-profile woman who was a disappointment in her first turn at Environment, is getting another chance at a big department with Public Works.

And Trade Minister Stockwell Day will be replaced by Public Safety Minister Peter Van Loan, with Day headed to Treasury.

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Comment

Advocating against social injustice

InStep

Christine Williams



When devastation and incalculable human suffering occurs — like the horror in Haiti — the subsequent outpouring of support is a refreshing reminder of human altruism; an encourag-

ing affirmation given the regrettable events of another news story that was uncovered by the Toronto Star a day after the quake, yet overshadowed by it.

This story demonstrated the darker element of humanity. Here's how it goes: 20 recovering addicts came to their early morning class at the private Clear Haven Center, just north of Montreal. They were part of a three-month cognitive therapy program costing more than \$15,000. As they arrived at Clear Haven, they were greeted with the announcement that the cen-

tre had gone bankrupt.

Then, with no warning, no plan and no place to go, they were given \$100, then arbitrarily dumped on a bus like a load of refuse headed to a convenient depot: Montreal's international airport. Some were crying. No one knows how much money was lost by the clients and their families.

Whatever progress they had made ended abruptly. Two clients snorted cocaine on the bus and Elijah Peabables, 26, relapsed into heroin use the day after, overdosed and ended up brain

Editor's note

• Lawrence Martin's National Report will return next week.

dead. He had come a long way in only a month. For the others, who knows.

How these vulnerable human beings were treated is unconscionable and cruel, yet highlights the plight of inequity and injustice faced by many in the greatest need of advocacy: Addicts, mental health sufferers, the disabled and the poor, and this group has been growing.

Bill Wilkerson, the founder of Global Business and Economic Roundtable on Mental Health, has declared depression among Canada's public servants as the country's biggest public health crisis, while warning that it's on the rise everywhere.

Many people who fall into addictions have underlying mental health issues and are using their addiction as a form of self-medication. Mental health professionals have stated that addictions cut across all socio-economic strata and takes a devastating toll on

entire families.

Respect and sensitivity by all professionals attending to those in greatest need is a reasonable expectation, yet contrary to the arant disregard displayed at Clear Haven Center.

The people let go at Clear Haven could have been one of our loved ones. How they were treated highlights the urgency for citizens to become astute observers and advocates for those close to us who are in need.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Views

Taxpayers may be on the hook once again

InBusiness

Charles Davies



metronews.ca/inbusiness

You could call it Canada's version of the sub-prime mortgage crisis.

According to a recent account in the Globe and Mail, as many as 30,000 homeowners face mortgage foreclosure over the next three years. We're not talking about ne'er-do-wells who skip payments or laid-off workers. These are hard-working folks who have made all their payments. It's just that the mortgage lenders who happily ap-

proved their loans last time around won't renew.

But these now reluctant "non-traditional" mortgage lenders have a great suggestion. The mortgage renewals they won't touch with a bargepole should be underwritten by Canada's only inexhaustible source of finance — us taxpayers. A new lobby group for the very lenders who are abandoning the sub-prime set wants Ottawa to back a \$1-billion fund to refinance its now vulnerable clients.

Government bailouts of any kind are problematic because they distort the market's process of natural selection, muddying economic realities with political agendas. Embattled homeowners are an equally sensitive subject. How can

politicians stand idly by while Suzie and Sammy Homemaker are thrown into the street?

Well, here are a couple reasons. First, consider that home ownership is not a right, but an earned privilege. The people now facing foreclosure would never have been approved by "traditional" or "prime" mortgage lenders like banks or trust companies.

The current crisis has been brewing for more than two years. That's when our "non-traditional" sub-prime lenders started heading for the exits. Take Xceed Mortgage Corp., a lender that was happy to ride the housing boom earlier in the decade. Its assets rose 20-fold to \$2.7 billion in 2007 while profits went from less

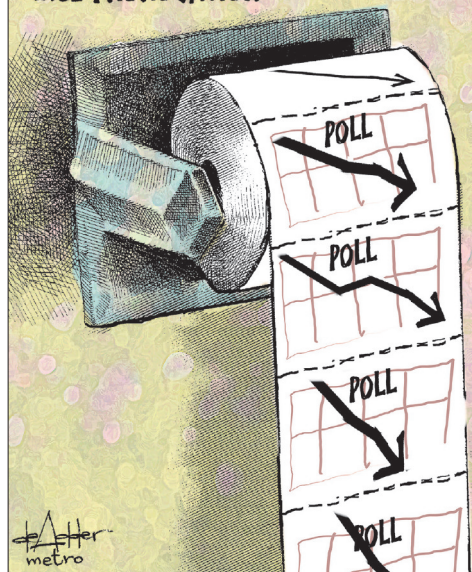
than zero to a peak of \$22 million in 2006.

But Xceed was securitizing its sub-prime mortgage assets, packaging and reselling them, and when the Asset Backed Commercial Paper crisis killed that market in mid-2007, the company could no longer function profitably. It rapidly reconfigured itself as a "traditional" lender, only recently finding its voice as a bailout advocate.

In the end it's a sad business — overreaching families dispossessed by the denizens of an opportunistic capital market — but the rest of us shouldn't pay for it.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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American arrested on child-porn charges in Cambodia

Cambodian police said yesterday they have arrested an American man on charges that he drugged a 12-year-old girl and took pornographic photos of her. **THE ASSOCIATED PRESS**

5

World



A woman sweeps debris on a street in Port-au-Prince yesterday.

U.S. prepares for influx of refugees

Haiti Crisis

U.S. authorities are readying for a potential influx of Haitians seeking to escape their earthquake-wrecked nation, even though the policy for migrants remains the same: with few exceptions, they will go back.

So far, fears of a mass migration have yet to materialize. However, conditions in Haiti become more dire each day and U.S. officials don't want to be caught off guard.

Between 250 and 400 immigration detainees are being moved from South Florida's main detention centre to clear space for any Haitians who manage to

reach U.S. shores, according to the Homeland Security Department. The navy base at Guantanamo Bay could house migrants temporarily — far from suspected terrorists also being held there — and the Catholic church is working on a plan to accept Haitian orphans.

Homeland Security spokesman Sean Smith said yesterday that orphans who have ties to the U.S. — such as a family member already living here — and Haitians evacuated for medical reasons are among those who can gain special permission to remain in the U.S.

The mass migration plan, known as "Operation Vigilant Sentry," was put in place in 2003 because of previous experiences with Caribbean migrations, said Coast Guard Lt. Cmdr. Chris O'Neil, spokesman for the

Dutch airlift

• Dutch adoption agencies and the government sent a chartered plane to Haiti yesterday to airlift out more than 100 children who were in the process of being adopted by parents in the Netherlands before an earthquake shattered the country last week.

Homeland Security Task Force Southeast that would manage any Haitian influx.

So far this year, the Coast Guard has intercepted 17 Haitians at sea, all before the earthquake struck. The 2009 total of 1,782 was higher than any year since 2004, when more than 3,200 Haitians were stopped attempting to reach U.S. shores.

THE ASSOCIATED PRESS

Violence rocks Nigeria

RIOTS Angry Muslim youths set a church filled with worshippers ablaze in northern Nigeria, starting a riot that killed at least 27 people and wounded more than 300 others in the latest religious violence in the region, officials said yesterday. About 5,000 people lost their homes as rioters also burned mosques and homes in Jos, a city that saw more than 300 residents killed during a similar uprising in 2008, said local Red Cross official Auwal Muhammad Madobi. He said he had no information about deaths. Police officials declined to offer a count of

the dead.

Sani Mudi, a spokesman for the local imam, said 22 people died Sunday after rioters set fire to a Catholic church, starting a daylong wave of violence between Christians and Muslims. Five others died yesterday from their wounds, and police and soldiers set up numerous road blocks throughout Jos.

The rioting began Sunday, when the youths attacked a church, said Gregory Yenlong, a state government spokesman. Yenlong said he didn't know why the young men set the blaze. **THE ASSOCIATED PRESS**

News in brief

MAURITANIA A group of 30 Mauritanian Muslim leaders have issued a religious edict banning female genital mutilation in the West African country. The process, also called female circumcision, is common in parts of Africa and involves the surgical removal of the clitoris or other genital parts.

THE ASSOCIATED PRESS

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An aboriginal group in British Columbia is fighting the development of a crude oil pipeline from Alberta's oilsands to the West Coast. The natural resource manager of the Wet'suwet'en First Nation says construction on Enbridge Inc.'s Northern Gateway Pipeline would threaten his community's traditional way of life. **THE CANADIAN PRESS**

Aboriginal group fights pipeline plan

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Visa hits out at code-of-conduct proposal

The federal government's proposed code of conduct for Canada's credit and debit card system is too weighted in favour of merchants at the expense of consumer choice, Visa Canada alleged yesterday, the deadline for comments on the plan.

Four of Canada's five biggest banks issue Visa cards while Bank of Montreal and many non-bank issuers support MasterCard, Visa's chief rival in that business.

However the two leaders of the credit card industry are both expected to offer

debit cards as well, putting them in competition with the bank-owned Interac system.

Visa said yesterday that it's concerned because the code gives merchants the power to decide which debit network is used, overriding a consumer's

choice without consent.

"Our main concern, and one that we've highlighted in our submission to the government, is that the draft code does not go far enough to protect consumer choice at point of sale and may discourage innovation," Tim Wilson,

head of Visa Canada, declared in a statement.

The Federation of Independent Business, which has been pushing the government to rein in the card companies, called on the government to put the new code into effect.

THE CANADIAN PRESS

m.metronews.ca



Will record fees mean an Olympic-sized bust for broadcasters? Not a chance, say some experts. Scan this code for the story.



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Irving parent wants new system

INFRASTRUCTURE The parent company of Irving Oil is calling for a regional energy transmission system in Eastern Canada and up to \$2 billion of associated new infrastructure.

Fort Reliance said yesterday it has also formed a new joint venture company, Portage Energy Ltd., to help to achieve those goals. Portage will work to attract private and public sector partners and investors to jointly develop \$1 billion to \$2 billion of transmission infrastructure for a shared system.

Fort Reliance says the aim is to maximize economic and environmental performance across provincial and potentially international boundaries.

THE CANADIAN PRESS

Cadbury looks for sweeter increase

TAKEOVER Shareholders in British candy maker Cadbury PLC are looking for a fat increase in the hostile takeover bid by Kraft Foods Inc., as Kraft faces a deadline today for changes to its bid.

Cadbury shares moved up in trading yesterday, indicating the market was looking for Kraft to jump higher. **THE ASSOCIATED PRESS**

In brief

CANWEST Three veterans of Canada's media industry are taking a swing at buying a trio of major Canwest newspapers including the flagship National Post in a bid that could force the media conglomerate to consider selling off its assets piece by piece. The consortium of investors said yesterday they are only interested in picking up the Post, the Montreal Gazette and the Ottawa Citizen. **THE CANADIAN PRESS**

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BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Skinny RRSPs, skinny retirement

AlisonOnMoney



metronews.ca/alisononmoney

A new RBC study shows that RRSP contributions, as a percentage of income, have declined among the 55 and older as well as in the under 34 crowd. But the latter result is likely because of higher student debt, expensive housing and costs of raising a family.

These boomers and the Gen Xers, with their shrinking RRSP contributions, stand to face skinny retirements if they don't ramp up savings. Fat workplace pension plans are increasingly a thing of the past. The average Canadian is going to have to rely on RRSPs to top up old age security and CPP cheques.

Boomers worried about losing retirement money on the market, should keep contributing but put less of it in stocks or equity (stock) mutual funds.

No more than 50 per cent of your RRSP funds should be in the market and when you hit your late 50s, the equity portion should shrink steadily. In-

stead, think bonds, preferred shares and GICs. You are better off earning two or four per cent than losing 20 or 30 per cent in a market downturn.

The younger crowd may protest that their debt leaves no room for RRSP contributions. However, even small amounts deposited regularly at a

young age will grow healthily if you don't take on too much stock market risk. As for debt, take the tax refund generated by your contribution every year and dump it on your highest interest debt.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Equity investments bring rewards

Investing

Allan Small



metronews.ca/investing

Many investors are wondering what kind of year 2010 will be for them after living through the worst recession since the Great Depression in 2008, and experiencing the best post-war rebound in the stock market in 2009. My answer to their question is quite simple. Equity investments are the only investment that can provide investors with the growth they need.

Interest rates look to stay at their current

record-low levels in both the United States and in Canada for the foreseeable future. This means that fixed income securities like bonds and GICs will continue to pay relatively low rates of interest.

The first two months of the year is quite often the time when many Canadians think about their RRSP contributions.



butions. Last year at this time, many investors struggled with whether to make that contribution or not as we were still in the midst of the recession. In hindsight, that would have been the best time to make an RRSP contribution as the market shot up just after the March deadline.

We are now at the same point in the year. I believe that much of the easy money has been made already in 2009. However, I still feel, because of the positive investment environment, those who invest in equities today (inside an RRSP or outside) will be rewarded this year as well.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

Decoding acronyms used in RRSP season

At RRSP season, Canadians hear a lot of acronyms. Tina Di Vito, director of retirement strategies at BMO Financial Group, makes sense of some more commonly used terms:

RRSP: Registered Retirement Savings Plans are registered with the Canada Customs and Revenue Agency. With these plans, investors contribute savings or investments for retirement. Investors save income tax when they make an RRSP contribution and the income earned within an RRSP is tax sheltered until it is withdrawn. Ask about this if you are 18 or older and have unused RRSP contribution room. RRSPs are a key component to succeeding with future goals, whether it is a home purchase or retirement.

LIRA: You cannot convert a pension from a former employer into cash. One alternative is to convert it into a Locked-In Retirement Account or LIRA.

RRIF: Canadians must collapse their RRSPs by the end of the year they turn 71. They can then transfer

the funds into a Registered Retirement Income Fund, which operates like an RRSP but requires a minimum annual withdrawal.

LIF: A Life Income Fund

is much like an RRIF, but the funds originate from a pension plan, locked-in RRSP or LIRA, instead of an RRSP.

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The UFC is rethinking its May 1 date in Montreal. The calendar review is apparently due to rumblings that star boxer Floyd Mayweather may meet Shane Mosley the same day in Las Vegas. UFC president Dana White confirmed via text yesterday that the mixed martial arts organization is rethinking May 1 for UFC 113. **THE CANADIAN PRESS**

Sports



Pujols backs McGwire

Albert Pujols supports Mark McGwire, both for acknowledging his use of steroids and in his new role as hitting coach of the St. Louis Cardinals. "I told him I'm proud of him for admitting what he used," Pujols said yesterday at the team's Winter Warm-Up. "Everybody makes mistakes."

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Cormier handed suspension for hit

QMJHL The Quebec Major Junior Hockey League gave Rouyn-Noranda centre Patrice Cormier an indefinite suspension for his hit on Mikael Tam of the Quebec Remparts during Sunday's game.

The league will continue to investigate the incident, in which Cormier caught Tam with an elbow.

Tam, 18, went into convulsions and was taken to hospital after the hit, where he is listed in stable condition with brain trauma and several damaged teeth.

THE CANADIAN PRESS

m.metronews.ca



After a busy winter, an energized Mike Weir is looking forward to the PGA season. Scan this code for the story.

Alfredsson pots hat trick in win

NHL RESULTS

Senators 5 Bruins 1



Daniel Alfredsson had what the Boston Bruins needed — fresh legs.

The Ottawa captain scored three goals in his second game after missing 11 with a shoulder injury, and the Senators drove a tired Tim Thomas from the net midway through the second period of their 5-1 win yesterday.

"Being able to do some real good workouts and skates, coming back I feel fresher than anybody," Alfredsson said.

He ended his layoff on Saturday with a goal and two assists in a 4-2 win over Montreal. That day,



Ottawa's Daniel Alfredsson takes the shot to score his third goal of yesterday's game in Boston.

the Bruins ended a three-game West Coast trip in Los Angeles with Thomas in goal. After the cross-country flight home, Thomas played his third

game in five days yesterday and was removed when Alfredsson's second goal made it 3-0.

"He's ironically come back well-rested. That can kind of give you a comparison," said Thomas, whose 11-game winning streak against Ottawa ended.

"We made a point of not making (fatigue) an excuse before we came into this game, but the reality of it is, to a certain extent it does catch up with you."

Mike Fisher had three assists and Filip Kuba, who returned from a four-game injury layoff, assisted on two of Alfredsson's goals as the Senators won their third straight game after losing five in a row.

Ottawa tied Boston for second place in the Northeast Division with 54 points.

THE CANADIAN PRESS

Sports in brief

BLUE JAYS The Toronto Blue Jays avoided arbitration with starter Shaun Marcum by agreeing to a \$850,000 US, one-year deal yesterday. The right-hander more than doubled his 2009 salary of \$405,200 after spending the year recovering from surgery at the end of the '08 season.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

OTTAWA 5 Boston 1
Toronto 4 Nashville 3
Buffalo 7 Phoenix 2
Columbus 4 St. Louis 2
Dallas 4 Minnesota 3
Florida 1 Atlanta 0
N.Y. Islanders 4 New Jersey 0
Tampa Bay 3 Carolina 2
Edmonton 4 Colorado 2
Calgary at San Jose

NBA

YESTERDAY'S RESULTS

Charlotte 105 Sacramento 103
Golden State 114 Chicago 97
Houston 101 Milwaukee 98 (OT)
L.A. Clippers 106 New Jersey 95
Memphis 125 Phoenix 118
Minnesota 108 Philadelphia 103 (OT)
New York 99 Detroit 91
Oklahoma City 94 Atlanta 91
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Dallas 99 Boston 90
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Accident sidelines U.S. snowboarder

American snowboarder Danny Davis has suffered a spinal fracture in an all-terrain-vehicle accident that will end his season and keep him out of next month's Vancouver Olympics. **THE ASSOCIATED PRESS**

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Spotlight looms for Crosby

Swing through Canada offers preview of expected Olympic scrutiny

Sidney Crosby hopes his next trip to Vancouver will be a little more memorable.

The Pittsburgh Penguins captain was minus-3 during a 6-2 loss to the Canucks at GM Place Saturday night and failed to record a shot on goal for the first time all season.

He will be pulling on a Maple Leaf sweater when he returns to the city again next month for the Vancouver Games. Despite the rough end to Pittsburgh's five-game road trip, Crosby has been producing of late — putting up four goals and six points during that span.

The upcoming Olympic tournament was a hot topic

as Crosby made stops in Calgary, Edmonton and Vancouver. But No. 87 claims it hasn't been difficult to keep his focus on the Penguins.

"If anything, you want your game to be your best when the time comes," Crosby said last week. "The more you worry about doing things right in Pittsburgh, the more that will carry over when the (Olympics start)."

One thing the road swing underlined was just how much scrutiny he will be under at the event. Crosby was subjected to heavy media demands in Western Canada and even had some fans follow his cab to a restaurant when he went out to dinner in Vancouver.



Sidney Crosby will be in the spotlight when Team Canada takes to the ice next month at the Winter Games in Vancouver.

"If anything, you want your game to be your best when the time comes."
Sidney Crosby

During the Games, the focus will largely be centred around what he does on the ice. That's hasn't been an issue this season as Crosby has already hit the 30-goal plateau for the fourth time in his career.

The only NHL player who has scored more goals than him so far is Team Canada teammate Patrick Marleau, who added three more last week to bring his season total to 32.

THE CANADIAN PRESS

Snowboarder moves on from halfpipe

ANNOUNCEMENT Crispin Lipscomb was living the snowboard life, all wrapped up in his own world, when the news hit late last January that his best friend Anthony Crute had died.

Crute had been injured in a snowboarding accident and although it seemed he was initially going to be fine, he really wasn't. Suddenly his wife, Karen, was a widow, daughter Baylee, eight months old at the time, had no dad, and



Crispin Lipscomb

Lipscomb, a longtime national snowboard team member, found a dramatically new perspective on life. That shift in priorities helped lead Lipscomb to yesterday's announcement that he was moving on from the halfpipe. While the 30-year-old from Pemberton, B.C., never actually used the word retire, he made it clear those days are behind him.

"We live in this quite self-centred, ego-centric world when you go out there competing against every other person on the planet aiming to be number 1," Lipscomb told a conference call. "So it was quite a shock to my system as these other realities became so important."

THE CANADIAN PRESS

Program seeks to give Canada cutting-edge advantage

RESEARCH With the Olympics just around the corner, Canada is finally lifting the lid on some of the cutting edge projects in its Top Secret program.

Giant treadmills, a cable to catapult speedskaters, and better bodysuits are just part of Top Secret, a program designed to make Canada's Olympians ski, skate and slide faster than the competition at next month's Games.

When it came to sport gadgets, Canada used to trail the top winter sport

Some of the projects

- Bioneuro feedback: Sports psychiatrist Dr. Penny Werthner administered stress and brainwaves tests to freestyle skiers at different points during the 2007-08 and 2008-09 seasons to help them manage anxiety and focus more effectively.

- Snow and ice friction: University of British Columbia tested various substances and materials in order to reduce ski, skate, runner and snowboard friction on ice and snow.

countries. But over the last five years, almost \$8 million has been spent on 55 projects collectively named Top Secret.

OTP, the organization established to help Canada win more medals than

any other country at its own Games, paid for Top Secret out of its \$117-million budget.

"We're not doing anything that is illegal, but there are a number of developments we'd rather

keep to ourselves than to tell the world," says Roger Jackson, head of Own The Podium.

Todd Allinger, who heads Top Secret, oversaw development of a GPS unit that alpine skiers could

wear and a binding plate for snowboards that made for cleaner carves down the mountain.

"I think it brought Canada up from a level where we were below other top nations like the U.S., Germany, Norway and Russia in terms of technology and equipment," Allinger says from Vancouver.

"We're at least at the world-class level. In some cases, I think we're ahead of other countries."

THE CANADIAN PRESS

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ORTHOTICS, FOOTWEAR & PODIATRIC CARE



Health & Beauty

Whiter not always better for teeth

Doctor suggests doing your homework before investing in bleaching agents

CELIA MILNE
for Metro Canada

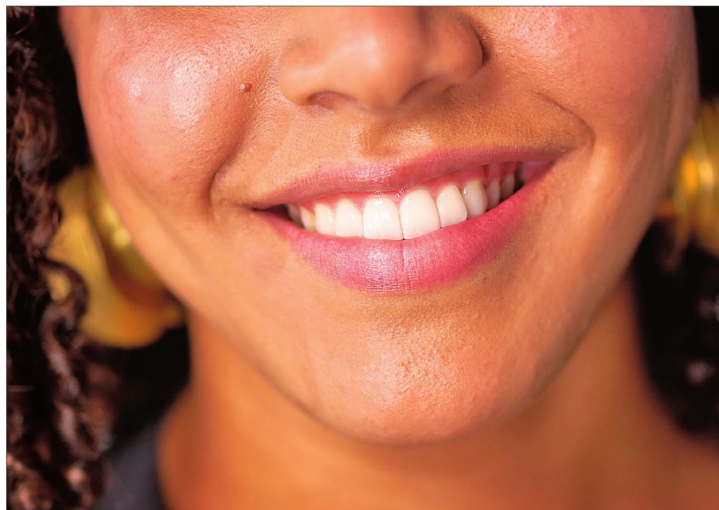
So you want whiter teeth? There are plenty of ways to get a brighter smile. And Canadians are gleaming from ear to ear as whitening products explode onto drug store shelves.

But before you jump on the mega-watt-smile bandwagon, make sure this is how you want to spend your money and time.

"Tooth whitening is a bit of a luxury," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa. "To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range?'"

Another thing to keep in mind: "It is not always a good idea to go for the whitest possible teeth. It draws attention to the teeth and shows up flaws," he says.

Metro asked Soucy to guide us through the various whitening options. By and large, bleaching your teeth is safe, as long as you get your teeth checked



Get your teeth checked first by your dentist before buying a bleaching kit.

first by a dentist, don't overdo it, and follow instructions carefully.

The cheapest products are toothpastes and mouth washes that promise whiter teeth. These are safe but probably won't make a huge difference, says Soucy. "Whitening toothpastes don't change the colour of your teeth; they simply remove the surface stains," he says.

Next up are whitening

kits you can buy at the pharmacy. These contain either whitening strips, materials to paint the bleach onto your teeth, or trays that you fill with a bleaching agent and mold to your mouth. These kits typically cost between \$10 and \$100.

A more expensive option is to get custom-made trays at the dentist's office. Because these fit exactly, there is less chance of

spillage and swallowing peroxide bleach. Treatments can be done at home using these custom-made trays. This option may cost between \$250 and \$600.

For a super-fast, super-efficient whitening treatment, there's a light-activated gel treatment at the dentist's office. This may set you back between \$600 and \$2,000, but your teeth will sparkle after usually

"To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range?'"

Dr. Benoit Soucy,
Canadian Dental
Association

just one visit.

There are several benefits of having whitening done at the dentist: First of all, you will get any problems fixed before you begin; secondly, your dentist will examine you to find out if bleaching will achieve the results you want; thirdly, he or she will make sure the procedure can be done safely; and, finally, the dentist will be there if you feel any irritation or sensitivity.

Follow manufacturer's instructions carefully. Don't accelerate the process or continue longer than advised. Over-bleaching can irritate your gums and even create chemical burns on the tongue.



Cheese and wine can help teeth

CELIA MILNE
for Metro Canada

STUDY Wine and cheese. There may be a medical reason why these go so well together.

A new German study suggests that white wine is very hard on your teeth, but eating cheese while sipping your wine helps neutralize the effects.

It is the acid in white wine that wears away enamel, say researchers at Johannes Gutenberg University.

Their experiment took place in a laboratory.

They soaked adult teeth in white wine for a day, and found the teeth had a significant loss of calcium and phosphorus in the enamel surface.

Riesling had an especially dramatic effect on the teeth, which could lead to problems in the long-term.

Red wines such as Pinot Noir did not damage the enamel as much.

Eating cheese at the same time as drinking white wine could counter the effects.

Health in brief

TOOTHBRUSH Save the planet while you brush your teeth. In order to save water, the Eco-Dentistry Association

suggests that instead of letting the water continually run down the drain while we brush

our teeth, we start a new habit. Wet your toothbrush, turn off the



tap, brush your teeth, and then rinse from a small glass of water. The average person wastes 90 glasses of water a day while brushing

their teeth, according to this international association of environmentally-astute dental professionals, based in Berkeley, Calif.

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FOR METRO CANADA

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Adult braces offer options

Many patients in their 40s and 50s now getting teeth treated

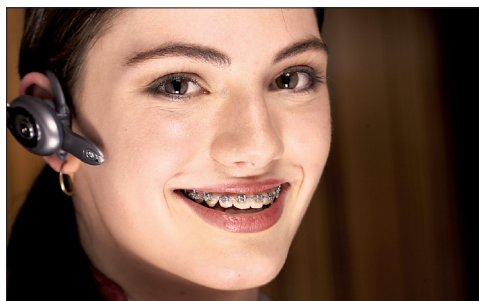
CELIA MILNE
for Metro Canada

"I can smile. I feel like smiling." That is often the reaction of adults who have finished with braces, says Dr. Peter Gold from Orthodontics for Adults in Toronto.

With many custom-designed and computer-generated options these days, more and more grown-ups are getting their teeth moved and improved, says Gold, who specializes in braces for adults.

"There has been an increase in the number of adults getting braces over the last 10 to 15 years," says Gold, who has been practising in mid-town Toronto for 30 years.

In particular, these days more men are embracing braces. "It makes sense. They are maintaining their vitality and strength and looking after their health. They go to the gym. They are not over the hill. They feel good and they want to look good."



Braces are no longer the metallic train tracks and yellow elastics — they're often invisible to the eye.

Braces can reverse problems such as crowding, protruding, crookedness, a big space between the teeth, an overbite, or an underbite.

You're never too old for braces, believes Gold. "My oldest patient was 82 and her teeth moved just fine." He also sees many patients, both men and women, in their 20s, 30s, 40s and 50s. "They have some income and are able to make their own decisions. Not everyone had the opportunity for braces

when they were children."

Braces have changed a lot since the days when the only option was metallic train tracks and little yellow elastics. Invisalign is one of the new developments. In this treatment, computer-designed aligners are placed over the teeth. They are like horse-shoe-shaped trays, and they are clear. Invisalign is particularly good for moderate problems or tweaking, says Gold. "It is comfortable, doesn't show and you can take it out for spe-

cial occasions."

Clear braces are another option. They blend in with the natural colour of the teeth, so they aren't as noticeable as metal braces.

Inside braces — which are now computer-designed — are invisible from the outside.

Adults who go for braces these days will probably see a 3-D computer simulation of how they will look when the treatment is finished. "Braces used to be one-size-fits-all," says Gold. "More and more, we have custom solutions for each patient. Instead of braces being off-the-shelf, they are tuned for each person."

Orthodontic procedures for adults can take anywhere from six months to — in extremely complicated cases — three years. Typically, treatment takes between six and 18 months. Cost varies tremendously, says Gold, and can range anywhere from \$1,000 to \$15,000 if the patient has a severe problem and needs surgery.

Health in brief

HEALTH The maker of Rolaid's antacid tablets has announced a voluntary recall of some of the tablets in Canada. The products are being recalled following reports some lots of medications had a mouldy smell that induced nausea in some consumers.

THE ASSOCIATED PRESS

The J Spot

Josey Vogels



Read Josey Vogels column on how often men think about sex at metronews.ca/thejspot

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KEEP THE JAW BONE CONNECTED TO THE TOOTH "BONE"

To be precise, the tooth is not truly a "bone". However, the point of today's article is about ensuring that we maintain our natural teeth for as long as possible, and it was too hard to resist a slight variation on that childhood song many of us are familiar with.

A healthy jaw bone is vital to maintaining a healthy mouth, full of our natural teeth. If it is strong, with good bone density, the jaw will support and anchor teeth in place for years. However, if the integrity of the jaw bone is allowed to deteriorate, there is a greater likelihood of tooth loss.

So just how does one take care of a jaw bone that is hidden beneath the tissue of the mouth? Quite simply, in exactly the same way that you would take care of your teeth...through proper oral health care and a good diet!

Daily brushing and flossing, combined with regular visits to the dentist, are vital to the integrity of the jaw bone. Without it, bacteria and acid can be allowed to build up along the gum line.

Not only are bacteria and acid harmful to the gums and teeth, they can easily penetrate below the gums and attack the area of the jaw that supports the teeth. If the anchor is compromised, your teeth will not fit into place as securely. This could result in the loss of your natural



Dr. Peter Georgopolous
Dental Surgeon

teeth.

In addition to your daily cleaning at home, regular visits to the dentist can provide you with a professional cleaning and x-rays that can detect early signs of any deterioration of the jaw bone. Afterall, the jaw bone is hidden beneath the gum line.

Without an x-ray, it would be impossible to see if there are problems developing. X-rays may even allow for early detection of problems so that corrective action can be taken that is neither intrusive nor costly. Do not assume that good brushing and flossing habits are enough.

And of course, there is the importance of a good diet. No doubt, most of us grew up hearing about the importance of milk

for the development of strong bones. Well, it is still true today that healthy bones need calcium. But calcium alone may not be enough.

The ever popular "sunshine" vitamin, Vitamin D, is also an important for your bones, as are magnesium, copper and zinc.

As a general rule, if you are eating a balanced diet, there is a good chance you will be getting sufficient amounts of these minerals. Healthy quantities of green vegetables, such as spinach, certain beans, seeds and nuts as well shellfish and whole grain breads or cereals will likely provide the amount of minerals you require.

If you are concerned that your diet is deficient in any of these, you may want to consider a supplement, but consult a physician before doing so.

The bottom line is that making sure your jaw is strong and healthy so that it can support your teeth is often as simple as maintaining your oral health and eating a balanced diet. Not only is it good for your jaw, it is a healthy habit for your entire body! And healthy habits lead to healthy lives.

Dr. Peter Georgopolous
- Dental Surgeon

Sauvignon blanc needs no introduction. While it is available world wide now, some of the most vivid and finest expressions are being achieved in New Zealand, often in the \$18 to \$20 range. The Rapaura Springs is a best buy at under \$15. **TORSTAR NEWS SERVICE**

Food



Tasty food... and plate

Diane Bisson wants you to clear your plate so you can eat it, too. The Université de Montréal industrial design professor is creating edible plates that are stylish, tasty and environmentally friendly. She focused on using vegetables and vegetable flours, such as water chestnut flour, as well as fruit, beans and bean flours. Bisson tested 400 prototypes. The results are captured in her book, *Edible: The Food as Material*, which was just released this month. **TORSTAR NEWS SERVICE**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Winter warm-up cuisine

Do you find yourself craving comfort foods now that the cold weather's here?

Instead of pulling out the frozen entrees or resorting to a high-carb meal, try looking for healthy ways to create your old favourites. That way you can warm up without consuming the extra calories.

A perfect example of a comfort meal gone healthy is this week's Almond Crusted Chicken with Honeyed Sweet Potatoes. Breaded chicken fingers are often found in family freezers because they taste great and appeal to people of all ages. However, these frozen treats are high in fat and carbohydrates, meaning they're not the best choice for you or your family. Check out caloriecount.about.com and search breaded chicken for more nutritional information.

To avoid the extra fat and carb content in this meal, our recipe developer blends whole-wheat breadcrumbs and almonds to give these healthy chicken fingers a nutty coating that delivers plenty of good-for-you vitamin E and fibre.

Last but not least, our light Two-Bite Cheesecakes are delicious and filling — the perfect way to finish your meal on a sweet note.

— CHRISTY PENGILLY

Almond Crusted Chicken with Honeyed Sweet



20 Minute Supper Club's Almond Crusted Chicken with Honeyed Sweet Potatoes, above, and Two-Bite Cheesecake, above, right.

Potatoes

SERVES 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- olive oil cooking spray
- 1 egg white
- 1 Tbsp cold water
- 1/3 cup raw almonds
- 3/4 cup fresh whole wheat breadcrumbs, (about 2 slices bread)
- 1 Tbsp fresh parsley
- 2 Tbsp finely grated lemon zest
- 1/2 Tbsp kosher salt plus more for sweet potatoes

- 1/4 tsp fennel seed
- 1 1/2 skinless chicken breasts, (about 1 1/2 lbs)
- 1 1/2 pound sweet potatoes, peeled and cut into 1-inch slices
- 2 Tbsp honey, plus more for garnish, if desired
- 1/4 tsp lemon juice
- pinch nutmeg

METHOD:

1. Preheat oven to 400F. Line a rimmed sheet pan with tinfoil, lightly spray foil with cooking spray and set aside.
2. Whisk egg white with water until frothy, transfer

to a shallow bowl and set aside.

3. In the small bowl of a food processor, combine almonds, breadcrumbs, parsley, 1/2-teaspoon salt, lemon zest and fennel seed and pulse until finely chopped. Transfer almond mixture to a shallow bowl.

4. Cut each chicken breast lengthwise into 6 strips and season pieces with salt and pepper. One at a time, dip chicken pieces in egg white, allowing the excess egg white to fall back into the bowl, then dredge in almond mixture

until well coated on all sides. Transfer to prepared sheet pan, lightly spray top of chicken with olive oil spray and bake in oven until cooked through and golden brown, about 12 to 15 minutes.

6. Meanwhile, place sweet potatoes in a saucepan and cover with salted water. Bring to a boil over high heat and cook until sweet potatoes are tender, about 12 to 14 minutes. Reserve 1/2 cup cooking liquid, drain sweet potatoes and mash with fork or potato masher. Sweet potatoes can also be placed in a food processor and pureed until smooth.

7. Add honey, lemon juice, nutmeg and 1/4-cup reserved cooking liquid and stir until combined. Add more liquid, as necessary until desired consistency. Season to taste with salt and pepper. Serve chicken with mashed sweet potatoes. Serve some honey on the side for dipping or drizzle honey over chicken to garnish.

Two-Bite Cheesecakes

MAKES APPROXIMATELY 15 CAKES

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 2 250-g packages cream cheese, room temperature



Healthier options

Make your favourite winter warm-up foods healthier with these tips:

- Use squash soup on potatoes instead of gravy
- Use lemon on your veggies instead of salt
- Try plain yogurt instead of sour cream in recipes

20 MINUTE SUPPER CLUB

(Can use light cream cheese)

- 1/2 cup granulated sugar
- 1/2 tsp vanilla
- 1 Tbsp lemon juice
- pinch salt
- 2 eggs

METHOD:

1. Preheat oven to 325 F.
2. Place standard-sized muffin cups into a muffin tin. Using an electric mixer, blend cream cheese with all ingredients until smooth and fill each with 1/4 cup of cheese mixture. Bake for 25 minutes.
3. Cool and decorate.



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Cowell pulls in Paul for X-Factor

Simon Cowell is recruiting his former American Idol judge, Paula Abdul, to join him on the judging panel of his upcoming Fox talent show X-Factor, according to The Hollywood Reporter. **EW.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Tobey the Hobbit?

Tobey Maguire has reportedly agreed to take the lead role in *The Hobbit*. The 34-year-old actor is said to have signed up to play Bilbo Baggins in the movie adaptation of J.R.R. Tolkien's classic book. **FEMALEFIRST.CO.UK**

DVD picks



Cairo Time

Director: Ruba Nadda

LOVE IS A many-splendoured but also highly cerebral thing in *Cairo Time*, the winner of the Canadian feature prize at TIFF '09.

Recalling *Brief Encounter* and *Lost in Translation* by displaying the mind as the most sensual of human instruments, the film searches for romance and meaning amidst the grandeur and challenges of modern Egypt.

Patricia Clarkson is Juliette, a Canadian magazine writer who travels to Cairo to see her husband Mark (Tom McCamus), a UN diplomat stationed in the Middle East.

The happily married couple have long talked about taking a trip together to the Pyramids. But workaholic Mark is assisting at a Gaza refugee camp and can't yet meet his spouse, so he asks his faithful friend Tareq (Alexander Siddig) to keep Juliette company.

Of such small seeds are mighty oaks of infidelity grown.

But Montreal writer/director Ruba Nadda avoids the obvious, preferring to explore how geography, circumstance and fate can combine to test even the strongest of wills.

Is something happening between Juliette and Tareq? It's hard to say, sometimes frustratingly so, because both characters are hard to read and the attraction isn't obvious.

They play the "what if" game as they make their way through the streets of Cairo and surrounding deserts. Clarkson and Siddig make the most of a script that delivers less than it promises.

Peter Howell/for Metro Canada

Globe no sign of Oscar glory

Sunday's wins not best indicator of Academy picks

STEVE GOW
for Metro Canada



Hollywood Votes

Academy Awards

It would've meant a lot to the director of *A Single Man* to see Colin Firth beat out Jeff Bridges at Sunday's Golden Globe Awards. Alas, it was not to be.

"Live by the buzz, die by the buzzsaw," said fashion designer-turned-filmmaker Tom Ford. "I've been saying it all morning, but it's true."

While Firth may have heard that buzzsaw coming, it doesn't mean he'll go unnoticed by the time

the Academy Awards roll around however. Even though the Hollywood Foreign Press Association (which hosts the Golden Globes) has often forecast future Oscar winners, it possibly may be less so clairvoyant this year.

"It's tricky to call any of the precursor shows influences on the Oscars," said Steve Pond, author of *The Odds*, an awards-based col-



Jeff Bridges, left, may have won best actor (drama) and James Cameron best director at the Golden Globes, but that doesn't mean they will have their categories locked up come Oscar night.



umn on popular Hollywood industry website *The Wrap*. "The Golden Globe voters" don't really have any critical credibility and they don't have careers in the industry the way the Oscar voters do, so it's a popular vote among this group that's sort of lucked into having influence for a couple weeks each year because their TV show gets good ratings."

By comparison, the Os-

cars, to be held March 7, are an industry-based awards where members of the Academy can cast unpredictable votes.

"Most of the Oscar voters in the acting categories are actors of substantial achievement themselves, so they're not going to vote for people just because they want to see them up there on the podium."

However, with the passing of The Golden Globes,

one cannot deny that the official Oscar race has begun. So one wonders, with weekly award shows tracking who's getting the most hardware, what is the greatest predictor of Oscar wins?

"The Director's Guild, The Producer's Guild, The Screen Actor's Guild," said Pond.

"Those guilds tell you how people who work in the industry are thinking."

critics' corner

Accidental Friendship

A homeless woman and a police officer forge an unlikely bond in this 2008 tear-jerker. Homeless Yvonne has her two dogs and not much else. Tami, the cop, recently ended a relationship. Both gain a great deal from their friendship despite having little in common. Ben Vereen appears as another homeless person. 9 AM on 39 SHO



NCIS

A controversial blogger who had accused Gibbs and the team of mishandling a case turns up dead. That means the team has to take a second look at that case — in order to solve the mystery of the blogger's murder in "The Inside Man." 8 PM on 13 CBS 3 TVT

Scrubs

This is why cheating doesn't pay, boys and girls. In this new episode, a student cheats on an exam, and Dr. Cox forces the whole class to pay the price. Denise spills a surprising piece of information in "Our True Lies." 9 PM on 20 ABC

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		- 365 36 FOX	TMZ (N)	Help Wanted	American Idol (HDTV) (N)	Human Target "Pilot"	Law & Order: SVU	CTV News			
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		615 520 31 A&E	Criminal Minds "In Heat"	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Psychic Kids: Paranormal	Paranormal	Paranormal Cops (N)		
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		560 562 62 W	Supernanny	Dine With Me	Gracey Bag	Gracey Bag	Beauty	Style by Jury	How to Look Good Naked	Beauty	

J.K. Rowling has spent more than \$4 million US on a new mansion — without even viewing it properly, femalefirst.co.uk reports. The Harry Potter author splashed out on the property in Edinburgh, Scotland, last month. **METRO NEWS SERVICES**

Celebrity Buzz

Just call me 'Giorgio Cluni'

NEXT HE'LL BE RIDING A VESPA AND SAYING 'CIAO' George Clooney made a point of walking the Golden Globes red carpet with Italian girlfriend Elisabetta Canalis, and if his friends have anything to say about it, he'll be walking with her down the aisle soon as well.

"When you find love after years of looking, you want to shout it from the rooftops and that's just what he was doing," a Clooney pal tells Popeater. "He is crazy about her. I have never seen him like this before. He's smitten."

METRO WORLD NEWS



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Not a regular toque

BOOSTING JAPANESE HAT SALES When Michael C. Hall won a Golden Globe award for Best Actor in a Television Drama, the Dexter star made no mention of cancer, but backstage, he told reporters that he was "on the road to recovery" after secretly battling Hodgkin's lymphoma, us-magazine.com reports. "I had every intention of keeping it quiet, but because the award shows were imminent, I figured I'd make a statement," said the 38-year-old actor, who said in a statement last week that he was nearing

the end of his treatment and that his disease was now in remission.

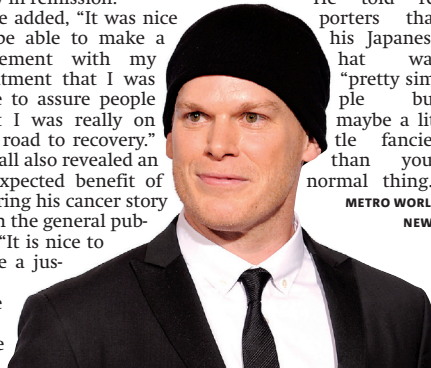
He added, "It was nice to be able to make a statement with my treatment that I was able to assure people that I was really on the road to recovery."

Hall also revealed an unexpected benefit of sharing his cancer story with the general public. "It is nice to have a justifiable excuse

for accessorizing," he joked of his black cap.

He told reporters that his Japanese hat was "pretty simple but maybe a little fancier than your normal thing."

METRO WORLD NEWS



And the Golden Globe for the dullest potential couple goes to ... 'Gennifer'!

CLAP. CLAP. YAWN. Ever since Jennifer Aniston and Gerard Butler filmed their upcoming movie The Bounty Hunter, rumours have flown that the pair have engaged in a little romance on the side, popeater.com reports.

Although both denied reports, when the A-list actors took the stage at the Golden Globes together, their awkward body language sparked a

few questions.

Aniston and Butler presented the award for Best Screenplay — which, incidentally, went to Up in the Air — with little banter or fan-

fare, making the website speculate there is something going on between them two of them.

"It's an honour for us to present this award together," Butler began. "Yep, it is," Aniston responded.

METRO NEWS SERVICES



Living every British man's dream

FREE BOOZE AND BANGERS AND MASH After the success of the Punch Bowl, his London pub, Guy Ritchie is looking into opening outposts in New York and Los Angeles, according to People magazine.

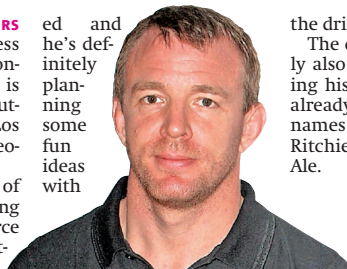
"It's in the early stages of development. He's looking at premises now," a source says. "Guy is really excit-

ed and he's definitely planning some fun ideas with

the drinks."

The director is apparently also interested in brewing his own beer, and has already registered a few names, including Bitta Ritchie and Punch Bowl Ale.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

AMY WINEHOUSE is sick of her father talking to the press, **BEN STILLER** gets Conan O'Brien to ignore his own troubles and help those in need, **JASON MRZ** knows what he's looking for, and **DEMI MOORE** had her own reasons for staying home from the Golden Globes. @amyjademermaid WHY don't my dad WRITE A SONG when somethin bothers him instead of going on national tv? an you thought YOUR parents were embarrassing @RedHourBen Thanks to Co-Co for getting the message out tonight about donating to help Haiti

@jason_mrz Is there a website yet created for singles seeking casual spooning? @mrskutcher feeling sick and having a bad hair day

METRO WORLD NEWS



Tiger's eyes

ARE ON THE BALL NOT THE BREASTS Tiger Woods has his comeback to golf all planned out, according to Radar Online.

The scandal-plagued athlete, who's reportedly staying at a Mississippi rehab facility to deal with his sex addiction, is planning to be back on the PGA tour by the spring, sources tell the Web site.

"Tiger is totally devastated," a source says.

"He wants to show everyone that he intends to change."

METRO WORLD NEWS



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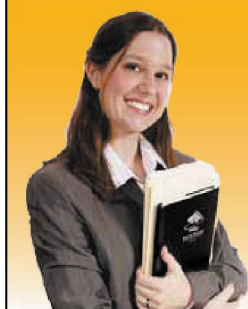
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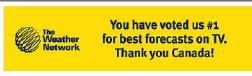
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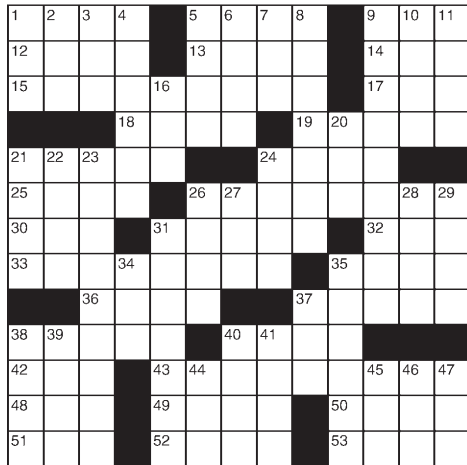
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Take Five



ACROSS

- 1 Put one's foot down?
- 5 Level
- 9 Boston — Party
- 12 Tittle
- 13 Staffer
- 14 Massage
- 15 Suburban parent, maybe
- 17 Exist
- 18 Elbow counterpart
- 19 Loop in lace
- 21 Superhero garments
- 24 Work station
- 25 Oodles
- 26 Not to be tossed aside?
- 30 Chum
- 31 Bed cover
- 32 Summertime mo.
- 33 Cast members
- 35 As well
- 36 Covered walkway
- 37 Sword handles
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- 40 Canaanite's deity
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- 52 Pedestal feature
- 53 Leaves

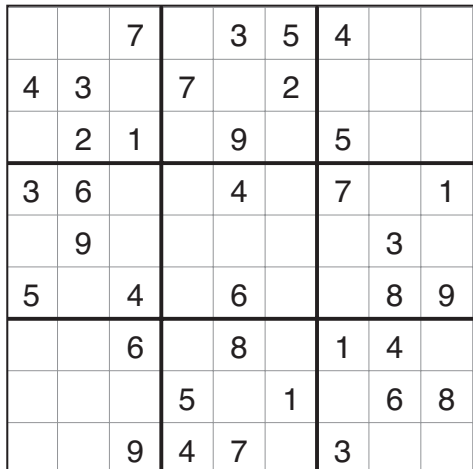
DOWN

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- 2 Excessively
- 3 List-ending abbr.
- 4 Small bundle
- 5 Passenger's payment
- 6 Rickey flavouring
- 7 Commotion
- 8 Storm
- 9 Part of a mouse, maybe
- 10 Franc replacement
- 11 Help in crime
- 16 Navy rank (Abbr.)
- 20 "Life — cabaret, ..."
- 21 Team leader
- (Abbr.)
- 22 Winged
- 23 Pullover garment
- 24 Union fees
- 26 Comical Caroline
- 27 Ending for musket or market
- 28 Insatiable desire
- 29 Vanity cases?
- 31 Mooched
- 34 Multipurpose truck
- 35 Under the weather
- 37 "Hee —"
- 38 Lotion additive
- 39 Antitoxins
- 40 Wasn't colorfast
- 41 Frizzy hairstyle
- 44 Eggs
- 45 "Cock-a-doodle —!"
- 46 Rhyming tribute
- 47 Film director Craven

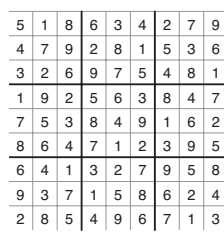
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

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Metro Recipe of the Day



Marmalade-glazed Mackerel with Apples

INGREDIENTS:

- 4 mackerel fillets
- 4 tsp (20 mL) olive oil
- 2 apples, peeled
- Leaves from 1 sprig fresh rosemary
- 3 tbsp (45 mL) orange marmalade
- 3 tbsp (45 mL) cider vinegar

METHOD:

1. Remove any bones that remain in mackerel. Preheat grill to high. Brush a shallow flameproof dish with a little oil and put mackerel fillets in it, skin side up. Make three cuts across each mackerel fillet, scoring skin to prevent it from curling during cooking.

2. Cut apples into quarters and remove cores, then cut each quarter into three or four slices. Put in dish around mackerel.

Brush apples and fish with remaining oil. Sprinkle rosemary leaves over fish.

3. Grill mackerel 2-3 minutes or until skin is browned in places. Stir marmalade and vinegar in bowl. Turn over mackerel and apple slices. Brush some marmalade mixture over apples, then spoon remainder evenly over mackerel. Grill 2 minutes or until fish and apples are well browned in places. Fish should be firm and cooked, with flakes that separate easily and look opaque. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Others may be baffled by what's going on but you will observe and understand what they have overlooked.

TAURUS
APRIL 21-MAY 21
You will see or hear something to your advantage, something that gives you an edge in your career.

LIBRA
SEPT 23-OCT 23
You will find it easy to forgive other people's mistakes today but maybe not quite so easy to forgive your own.

SCORPIO
OCT 24-NOV 22
New information will come your way today, information that may cause you to doubt some of the things you have been told.

GEMINI
MAY 22-JUNE 21
Question what you are told today, even if the "experts" say you have no right to challenge their authority.

SAGITTARIUS
NOV 23-DEC 21
You will get your message across today, even though some people would like it better if you stayed silent.

CANCER
JUNE 22-JULY 22
Don't give up on something just because it is proving tougher than you expected.

CAPRICORN
DEC 22-JAN 20
You know instinctively what is the right thing to say and you know beyond a shadow of a doubt that you have a duty to speak up.

LEO
JULY 23-AUG 23
It might be tempting to interfere in someone else's business but the planets warn you will regret it if you do.

AQUARIUS
JAN 21-FEB 18
With the Sun about to move into your sign this is a great time for taking the initiative.

VIRGO
AUG 24-SEPT 22
Don't push yourself too hard today. Persuade those you live and work with to shoulder more of the burden.

PISCES
FEB 19-MARCH 20
If you want to be alone with your thoughts today that's fine: just go off by yourself for a while and let the world fend for itself.

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*Taxes & other fees (including service charges): \$285

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*Taxes & other fees (including service charges): \$315

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All-Inclusive
Royal Hideaway Spa
Feb. 7, 21 & Mar. 7 • 1 wk.

\$1469

*Taxes & other fees (including service charges): \$212
Departure tax: 25 CUC cash, paid locally

JAMAICA

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All-Inclusive • Standard rm.
Feb. 20 • 1 wk.

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*Taxes & other fees (including service charges): \$269

BAHAMAS

Nassau via Toronto

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Island time offer - Resort view rm.
Mar. 26-28 • 3 nts.

\$1239

*Taxes & other fees (including service charges): \$95

Gran Bahia Principe Jamaica • 4 1/2 ★

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Feb. 20 • 1 wk.

\$1699

*Taxes & other fees (including service charges): \$269

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Feb. 18 • 3 nts.

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*Taxes & other fees (including service charges): \$393

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Deluxe rm.
Jan. 24 • 1 wk.

\$1599

*Taxes & other fees (including service charges): \$315

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